COVID-19 Isolation and Homecare Recommendations

If you are sick and have been diagnosed with COVID-19 or suspected to have COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Symptoms of COVID-19

The most common symptoms of COVID-19 are fever, cough and shortness of breath. If you have been exposed to someone with laboratory confirmed COVID-19 and are experiencing fever with either cough or shortness of breath, you might have COVID-19. You can contact your doctor to see if you need to be tested. <u>If you have tested positive for COVID-19 or are suspected to have COVID-19 but are not tested, you should follow the below instructions.</u>

Stay home

You should restrict activities outside your home. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home

As much as possible, you should stay in a specific room and away from other people in your home (at least 6 feet whenever possible). Also, you should use a separate bathroom, if available. You should not be responsible for caring for others.

Call ahead before visiting your doctor

If you are concerned about your symptoms, call the healthcare provider first and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (for example, sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they are in the same room as you.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and immediately clean your hands with either alcohol based hand rub or soap and water.

Wash your hands

Clean your hands often. Wash thoroughly with soap and water for at least 20 seconds. Alternatively, if your hands are not visibly dirty, you can use an alcohol based hand rub with at least 60% alcohol, rubbing on all surfaces of the hands until dry. Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and hot water.

Monitor your symptoms

If your illness is worsening (for example, shortness of breath or difficulty breathing):

- Act quickly. Call your healthcare provider and tell them that you are a person who is confirmed to have, or being evaluated for, COVID-19 infection and are following the medical plan established with public health to contact your medical provider and seek help now.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID19. If possible, put on a facemask before emergency medical services arrive.
- Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed.
- People who are being monitored by public health for symptoms or who are instructed to self-monitor symptoms should follow instructions provided by public health.

Discontinuing home isolation

- Stay home for 72 hours until fever free and symptoms improve or 10 days from start of symptoms, whichever is longer.

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Source: Adapted from Eagle County Public Health